



## Pork Loin with Roasted Onion-Apricot Rice

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon balsamic vinegar
- 1 tablespoon brown sugar
- 3 cups rice hot cooked
- 0.5 cup rum dark
- 0.5 cup apricots dried coarsely chopped
- 1 garlic clove crushed
- 0.3 cup golden raisins
- 0.3 teaspoon ground pepper black

- 1 tablespoon olive oil
- 0.5 pound onion boiling coarsely chopped
- 2 cups pieces onion red ( )
- 1 teaspoon cracked pepper black
- 2 pound boned center-cut pork loin roast lean
- 0.3 teaspoon salt
- 2 tablespoons slivered almonds toasted
- 2 cups pieces vidalia sweet ( )

## Equipment

- bowl
- oven
- plastic wrap
- baking pan
- roasting pan
- kitchen thermometer
- aluminum foil
- microwave

## Directions

- Preheat oven to 45
- Combine first 3 ingredients in a bowl; cover with plastic wrap and vent. Microwave at high for 1 1/2 minutes; set aside.
- Combine onions, oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a 13 x 9-inch baking pan; stir well to coat.
- Bake at 450 for 30 minutes on bottom rack of oven.
- Trim fat from roast; place on a rack in a shallow roasting pan.
- Combine cracked black pepper, 1/4 teaspoon salt, and crushed garlic; rub over surface of roast. Insert a meat thermometer into thickest part of roast. Stir onions; place roast on next-to-bottom rack in oven.

- Bake onions and roast at 450 for 15 minutes. Reduce oven temperature to 35
- Bake an additional hour, stirring onions after 30 minutes. Stir apricot mixture into onions; continue baking onion mixture and roast 10 minutes or until thermometer reaches 16
- Remove roast and onions from oven. Cover roast loosely with foil; let stand 10 minutes. Stir in brown sugar and remaining ingredients to onion mixture.

## Nutrition Facts



### Properties

Glycemic Index:70.34, Glycemic Load:31.6, Inflammation Score:-8, Nutrition Score:23.800000294395%

### Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.65mg, Isorhamnetin: 4.65mg, Isorhamnetin: 4.65mg, Isorhamnetin: 4.65mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 26.46mg, Quercetin: 26.46mg, Quercetin: 26.46mg, Quercetin: 26.46mg

### Nutrients (% of daily need)

Calories: 504.1kcal (25.21%), Fat: 10.6g (16.31%), Saturated Fat: 2.45g (15.34%), Carbohydrates: 51.55g (17.18%), Net Carbohydrates: 47.56g (17.29%), Sugar: 19.63g (21.81%), Cholesterol: 95.25mg (31.75%), Sodium: 183.36mg (7.97%), Alcohol: 6.68g (100%), Alcohol %: 1.99% (100%), Protein: 38.84g (77.69%), Vitamin B6: 1.45mg (72.41%), Selenium: 49.08µg (70.11%), Vitamin B1: 0.76mg (50.74%), Vitamin B3: 9.69mg (48.43%), Phosphorus: 450.79mg (45.08%), Manganese: 0.74mg (36.91%), Potassium: 1013.48mg (28.96%), Zinc: 3.53mg (23.51%), Vitamin B2: 0.39mg (23.05%), Magnesium: 79.33mg (19.83%), Vitamin B5: 1.69mg (16.93%), Copper: 0.32mg (16.06%), Fiber: 3.99g (15.96%), Vitamin E: 1.93mg (12.87%), Vitamin B12: 0.77µg (12.85%), Vitamin C: 9.83mg (11.91%), Iron: 1.96mg (10.92%), Folate: 34.85µg (8.71%), Vitamin A: 395.15IU (7.9%), Calcium: 71.5mg (7.15%), Vitamin D: 0.6µg (4.03%), Vitamin K: 3.24µg (3.08%)